

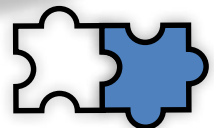


Sharing and turn-taking



Getting dressed and undressed

MALMESBURY  
Primary School



# Helping to get your child School Ready

Starting school is an exciting time for young children and their parents. It can be an anxious time too as there are a lot of changes ahead. Parents often ask us how they can help their child get ready for school. We have written this guide to help.



Encouraging self-care



Listening and attention skills

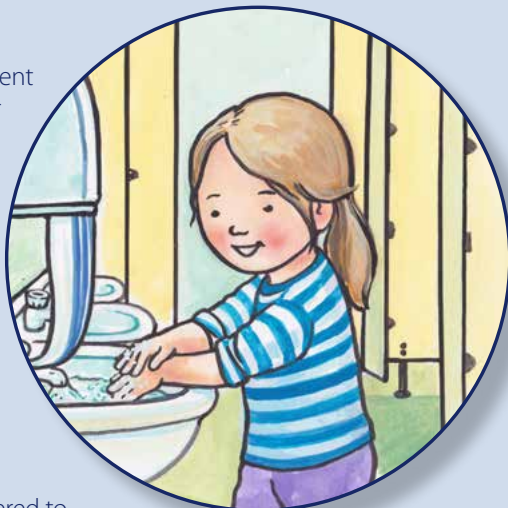
Be The Best You Can Be

We want you and your child to feel happy and confident when you join our school. There are a few key skills to concentrate on which will help your child to settle in. Read through this leaflet with your child and practise anything they are unsure about.

## Encouraging self-care

We encourage children to be more independent in school, so your child will need to wipe their own nose and go to the toilet by themselves. They should be able to wipe themselves and flush the toilet when they have finished. And they will need to wash and dry their hands. If your child does not usually do these things by themselves, help them practise before they start school. We will be there to help if needed, but this is an important step to independence for them and we do recommend some practising at home before starting school.

Rosie has been to the toilet and has remembered to flush it afterwards so it is nice and clean for the next child. She is now washing her hands before drying them and going back to class.



## Establishing routines at home for mornings and bedtimes

We know that getting children ready for school in the morning can be a very busy and stressful time for families. We recommend establishing regular routines in the weeks before your child starts school as this will help everyone. Setting regular times for going to bed with teeth cleaning and story time ensures your child settles down for a good night's sleep. A well-rested child will be ready to get up on time in the morning.

Establish a getting-up time that allows everyone in the family time to use the bathroom, get dressed, have breakfast and clean their teeth so you can still get your child to school on time.

Ayesha has a good bedtime routine so she never feels tired at school. She always eats her breakfast and brushes her teeth afterwards and she knows she is then ready to learn at school.



If you have any questions about anything in this leaflet or any other worries about your child starting school, please let us know. We are here to help.

## Practising independence and an 'I can try' approach

It will help your child to adapt at school if they are already practising being independent. Encourage them at home to give things a try and to complete tasks themselves. This includes:

- tidying away their toys when they finish playing with them
- encouraging them to see starting school as fun and exciting so they look forward to it
- helping them to feel confident about being away from their grown-up when they start school

Suliman loves playing with all his friends at school. They have such fun! Suliman and his new friend Ben are putting away their toys after a lovely morning of playing and learning.



## Getting dressed and undressed

Your child will need to take their shoes and jacket or coat off and on during their time at school. To help your child feel more confident doing this, make sure that their clothes are easy for them to take off and put on. So think about clothes with easy fastenings or big buttons, and Velcro fastenings instead of laces for shoes. You can also have practice sessions before they start school to check that they can manage zips and buttons.

Rosie has been practising at home and knows that she can:

- button and unbutton her clothes
- put on her own socks and shoes, sometimes with a little help
- put on her coat and try to do up the zip





## Sharing and turn-taking

Learning to share and take turns is really important so that children can be happy playing and learning together. Do talk to your children about this and encourage them to share their toys and take turns when playing. Children learn a lot from just watching what their parents do. When you model good sharing and turn-taking in your family, it gives your children a great example to follow:



- When you see your child trying to share or take turns, make sure you give lots of praise and attention. For example, 'I liked the way you let Ayaan play with your train. Great sharing!'
- Play games with your child that involve sharing and turn-taking. Talk your child through the steps, saying things like, 'Now it's my turn to build the tower, and then it's your turn. You share the red blocks with me, and I'll share the green blocks with you.'

Ayesha is playing with her friend Tom. They are taking turns playing with the toys in the water tray. Ayesha knows it is more fun to play together, if they both take turns.

## Listening and attention skills



It is important that children become used to sitting still and concentrating. Practise this with your child at home. Make the sessions fun as you encourage them to sit still and listen while you talk about something that interests them. Ask them easy questions to keep their attention and get them used to focussing on what you are talking about. We encourage the children to do good looking, good listening and good sitting, as this helps them to think and learn!

Please help them practise this at home.

The teacher is reading a lovely book to Ayesha, Rosie and Suliman and she tells them how pleased she is that they are sitting quietly and looking, listening, thinking and learning.

Malmesbury Primary School  
Coborn Street, Bow, London E3 2AB

Tel: 0208 980 4299

Fax: 0208 980 1102

Email: [admin@malmesbury.towerhamlets.sch.uk](mailto:admin@malmesbury.towerhamlets.sch.uk)

Web: [www.malmesbury.towerhamlets.sch.uk](http://www.malmesbury.towerhamlets.sch.uk)

**MALMESBURY**  
Primary School

